

**Tapas of yesteryear from Blanca (Murcia);
belonging to the Morish Ricote region that
Cervantes described in Don Quijote II in 1615**



Govert Westerveld

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Academia de Estudios Humanísticos de Blanca (Murcia) Spain

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Dedication

To Piedad

Preface

It has been some years ago, but in early 2002 I was appointed by the municipality of Blanca (Murcia) with my colleague Ángel Ríos Martínez as the official chronicler of Blanca. This was quite an honour for me as I was then the only foreigner in Spain with this official title, which I consider more or less equal to honorary citizen. The title of chronicler also meant that I automatically became an honorary member of the town council and received the title of illustrious gentleman. I also got this latter title of address when I was admitted as an academic by the Royal Academy Alfonso X the Wise of Murcia.

The appointment of an official chronicler usually goes to people who have distinguished themselves in their study, research, and dissemination of topics related to the city and must be decided in a plenary session with the consent of the municipal council. The appointment has traditionally been based on the essential principles of the honorary and lifelong nature of the position and also entails the appointment of a honorary council member of the municipality.

The figure of the official chronicler enjoys a long historical tradition throughout Spain, both in honour of its tradition and the usefulness of its historiographical task. The personality of the official chronicler in his local perspective is a stereotype of integrity without political identification. The chronicler is distinguished by his independent character, efforts to mobilise reality, and goals that encourage working on history and reviving current affairs. The chronicler must be far removed from any ties that might disturb his or her chronicle.

Due to interfering influences and other personal reasons, I deemed that the time had come to retire as Blanca's official chronicler in 2019. This did not mean that I would no longer research and write about Blanca's history. I will continue to do so. However, not as an official chronicler, but in my capacity as a Hispanist, because I was accepted in 2005 as a Hispanist by the International Association of Hispanists (AIH) and the Benelux Association of Spanish Scientists (AHBx).

Many years have passed since my arrival in Blanca in 1969, and the advantage of this is that I learn more about this village every day. This time I will talk about Blanca's various tapas. I have collected 128 tapas and tried to omit the most modern tapas. Whether I succeeded in this is for the connoisseurs to decide.

A word of thanks goes to a former resident of Blanca, Mariano Cano Talavera who assisted and advised. I also thank my wife Piedad who, born and raised in Blanca, knows a lot about tapas.

Govert Westerveld

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Beber y comer ... buen pasatiempo es

Eating and drinking ... a good pastime

1 Acelgas

Baked chard stalks



Acelgas

With thanks to Tamorlan (cc by 4.0)

https://es.wikipedia.org/wiki/Archivo:Acelgas_crema.jpg

Cook the chard in a pan for 5-7 minutes, drain, and set aside. Cut the onions into julienne strips and squeeze the garlic. Heat a frying pan with a little oil, add garlic and the onions, wait for them to soften, and add the chard. Add salt and pepper to taste and serve fresh while warm.

2 Acelgas fritas con ajo y ñoras

Fried chard with garlic and ñoras



Cook the chard for 5-7 minutes in a pan, drain, and set aside. Fry the garlic on low heat in a skillet with oil. When they are ready without browning, add the *ñoras*, fry everything for 2-3 minutes, and set aside. Fry the cooked chard in the same oil until it is to taste, add the garlic and halved *ñoras*, stir a few times, and remove from heat.

3 Acelgas fritas con sardinas y ñoras

Fried chard with sardines and ñoras



Fried chard stalks with sardines and ñoras, also called *acelgas fritas a la murciana*. The ñora, like the *pimiento choricero*, is related to the *Capsicum Annuum* and comes from the region of Murcia and Alicante. The ñora is sundried, which makes it keep longer. It is a small round variety of red bell pepper with a sweet aromatic flavour.

4 Alas de pollo

Crispy chicken wings



Crispy chicken wings, usually with black pepper, garlic, salt, deep fried in extra virgin olive oil. A fine and very versatile dish, very tasty as a tapa or main course. It is an easily digestible meat, excellent for people with intestinal problems. Chicken wings contain vitamin B6 which boosts the immune system, and selenium - a mineral that contributes to good absorption of vitamins and is a powerful antioxidant.

5 Albóndigas de bacalao

Cod meatballs



One of the most typical Murcian dishes are *albóndigas de bacalao* - cod meatballs. It is a perfect alternative to traditional meatballs from minced meat. The small balls made from a combination of fresh and salted cod, breadcrumbs, and lots of parsley are also served as tapas.

6 Albóndigas de carne

Meatballs in tomato sauce



Albondigas are much like meatballs made according to an old recipe. Meatballs in tomato sauce are on the menu all over Spain and can also be eaten in the main meal. It is a simple recipe that cannot be missed when eating tapas. These meatballs are served on a small plate in a homemade tomato sauce.

7 Alcachofas asadas

Gebakken artisjokken



Alcachofas asadas

With thanks to Tamorlan (cc by-sa 3.0)

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Roasted artichokes are a must in our tapas because artichokes are a food with many beneficial and diuretic properties. Artichoke is an antioxidant and anti-inflammatory vegetable rich in fiber, vitamins A, B, C, E, minerals, and carbohydrates. They are irresistibly delicious and the recipe is very easy.

8 Alcachofas con anchoa

Artichoke heart with anchovies



This is a very simple appetiser that can be prepared in an instant. It consists of draining the liquid from the artichokes and placing a delicious anchovy on each artichoke heart. The contrast between the salty anchovies and the natural artichoke makes it a delicious combination. Juice from a fresh lemon is usually added. Artichokes are healthy vegetables, but most characteristic of the artichoke are some substances of which small quantities have very beneficial effects on health. One of them is cynarin, a substance responsible for the slightly bitter taste and which stimulates the secretion of bile, improves digestion, and decongests the liver. And chlorogenic acid is an antioxidant.

9 Alcaparras

Capers of unopened flowers



Capparis spinosa (caper) is a shrub native to Asia with woody branches and showy white flowers, usually growing up to a meter. *Tallos* are the stems gathered in April. *Alcaparras* are the unopened flower buds collected in July. Finally, we have the *alcaparrones*, the fruits which are harvested in August-September. The smallest *alcaparras* are the most appreciated. After harvesting these three products are pickled in vinegar and salt. They are all very popular accompaniments to our dishes, in salads, or as garnishes. Their juicy soft sweet and sour texture are very pleasant on the palate.

10 Alcaparrones

Capers fruits



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11Almejas a la Marinera

Clams in seafood sauce



Almejas a la marinera

With thanks to Tamorlan (cc by 3.0)

https://es.wikipedia.org/wiki/Archivo:Almejas_a_la_marinera-2009.jpg

Clams are a very tasty shellfish that can be cooked in many ways, including steamed or in green sauce. Steamed clams are prepared by boiling them in water until they open, and after they are taken out, they are served with only a squeeze of lemon juice. They are also usually served as a seafood-style appetiser, one of the most common offerings in restaurants along the coast of Murcia where the *Pimentón de Murcia* (bell pepper) plays an important role.

12 Almeja japonesa

Japanese clam



Almeja japonesa
With thanks to Bar Loba, Blanca (Murcia)

The Japanese clam differs mainly in the colour of the shell, which varies between brown, grey, and black, with more pronounced lines forming grids. It is not native, but was introduced to Galicia in the 1980s thanks to its rapid growth, although production is small due to the high quality of the native mussels. The meat of the Japanese clam has an intense flavour and is harder than that of the Galician clam. This steamed clam is served with garlic, parsley, and lemon juice.

13 Almendras con piel

Roasted almonds with skins



Almendras con piel

With thanks to Luigi Chiesa (cc by.sa 3.0)

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Roasted almonds with skin are a healthy and irresistible snack for any taste. Roasted almonds are consumed as dry fruits because they can be a perfect snack, healthy and as part of a balanced diet. They are also highly nutritious. Both walnuts and almonds are two of the most beneficial nuts for our organism.

14 Almendras fritas sin piel

Fried almonds without skins



Fried almonds without skins are widely consumed in Blanca throughout the year. We eat them alone or together with a beer or a glass of wine, or with a charcuterie or sausage. However, the best combination is that of fried almonds without skins with salted fish, namely *hueva* (roe) and *mojama* (dried tuna). Besides, it doesn't taste the same if we don't add crispy almonds.

15 Anchoas

Anchovies in extra virgin olive oil



Anchoas or anchovies is a classic tapa in the Murcian region. Light, tasty, and easy to prepare. Murcian anchovies are a must tapa for anyone visiting the village of Blanca and are usually served with lemon juice. They are rich in omega-3 and vitamins. This fish belongs to the oily fish and can be part of a healthy diet.

16 *Anguila frita*

Fried eels



Until not so long ago, Spanish rivers were rich in eels. However due to drought and the proliferation of dams and reservoirs, fewer and fewer fishing areas can be observed in the river Segura. When the eel was abundant, it was a highly prized fish, a freshwater delicacy, and common to find among the tapas of the many bars in Blanca.

17Asedura e hígado de cordero

Lamb roast and lamb's liver



This lamb roast is a typical dish with lamb's entrails, usually the lungs, heart, and liver. The organs are cut into small pieces and fried in a frying pan, usually with onion, garlic, and green pepper. Lamb's liver is actually a gastronomic gem. This typical tapa, once properly fried, is very juicy and can be accompanied by lemon to soften the flavour.

18 Atún

Tuna



Atún

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Canned tuna with sunflower oil is very juicy and a delicious addition to salad dressings, cooking dishes, or tapas. As a tapa it is often used in combination with olives, peppers, and sharp peppers. Over it all comes a generous splash of lemon juice of fresh lemons and it is served with pieces of baguette, which makes a healthy delicious tapa.

19 Bacalao frito con cebolla X

Fried cod with onion



There are many recipes with cod, one of the most emblematic fish in Spanish gastronomy. Cod is a white fish from the Atlantic Ocean traditionally caught in Spain. It is a very healthy food as it is low in fat and rich in protein, vitamins and minerals such as potassium and phosphorus. Fried cod with onions is a great tapa in Blanca.

20 Bacalao frito con tomate

Fried cod with tomato



Bacalao en salsa de tomate

With thanks to Tamorlan (cc by-sa 3.0)

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This cod with tomato is a traditional recipe, very easy to prepare and very tasty. The accompaniment could not be better - a delicious tomato sauce prepared with a slow frying sauce that you cannot leave a drop of on the plate, which goes down well with a good piece of bread.

21 Barbo

Barbel



Barbel is a river fish belonging to the same family as carp. The tapa of fried barbel was a tradition in Blanca, but this tapa has no longer been seen in recent times. In earlier times some inhabitants of Blanca were engaged in fishing and sold the barbel to local bars.

22 **Berberechos**

Cockles



Berberechos

With thanks to Juan Emilio Prades Bel (cc by-sa 4.0)
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Berberechos are cockles and available canned in their own cooking liquid in every supermarket in Spain. They are farmed on the west coast of Spain in Galicia. Spanish cockles fall under the Spanish gourmet seafood and are usually served in white oval dishes with a little lemon.

23 Berenjenas adobadas

Aubergines in sauce



This type of aubergine is only found in the Murcia region. It has a more intense flavour than the purple aubergine and gives many options for cooking. It is grown only in summer. There are several recipes with it, as it can be boiled, baked, and pickled, hence prepared in many ways. In our case the aubergines were prepared in sauce with chopped garlic and parsley and a generous dash of vinegar.

24 Berenjenas aliñadas

Pickled aubergines



Berenjenas aliñadas

With thanks to Tamorlan (cc by 3.0)

<https://commons.wikimedia.org/w/index.php?curid=8258349>

This tapa of pickled aubergines is delicious. The only problem is finding them, as they are very small and not available everywhere. For pickling use garlic, bay leaves, paprika, sea salt, cumin seeds, and wine vinegar. These pickled aubergines contain high levels of antioxidants, chlorogenic acid, and polyphenols.

25 Berenjenas empanadas

Breaded aubergines



Breaded aubergines with a special flavour. In fact, they are nice and crispy without much oil thanks to the use of baking soda, flour, and eggs. This is important because fried aubergines are very tender and their texture is a delight, but if they are covered in oil, they lose flavour. Tender on the inside, crispy on the outside and without excess oil, these aubergines are truly outrageous!

26 Berenjenas en salsa de tomate y ajo

Aubergines in tomato and garlic sauce



If you want to enjoy a tapa full of flavour, aubergines in tomato and garlic sauce are perfect for the desire. The most important thing in this preparation, though, is that very ripe tomatoes be used, as this will give a very juicy and not too sour sauce. The combination of flavours is excellent, which is why the aubergine is given ample opportunity to develop its flavour during the preparation of this dish.

27 Berenjenas fritas en rodajas

Deep-fried aubergine slices



Here the preparation is slightly different from the breaded aubergines, as no eggs are used with the flour. They are replaced by milk. People dip the thin discs in milk and wrap them in the flour. Then the aubergine slices are deep-fried. Whichever way we prepare aubergines, they are always tasty. This preparation also makes the aubergines crispy.

28 Bicicleta

Oblong crispy breadstick with potato salad



La bicicleta
With thanks to Mariano Cano Talavera

Las marineras: very common as tapas in bars as an appetiser. They consist of potato salad served on an oblong crispy breadstick with an anchovy. They are usually eaten as an appetiser in bars and there are several variations:

- *Bicicleta* -> crispy breadstick and potato salad only
- *Marinera* -> *bicicleta* with an anchovy (anchoa)
- *Marinero* -> *bicicleta* with an anchovy in vinegar (boquerón).
- *Matrimonio* -> *bicicleta* with anchovies and *boquerón*, but the combination without potato salad and hard breadstick) is also called *matrimonio*.

29 Bocadillo de chocolate

Baguette with chocolate



The first thing I noticed in 1969 was that schoolchildren often ate baguettes with chocolate around 5 o'clock in the afternoon. Between 5 and 7 children get an afternoon snack - a sandwich, a roll, or some fruit. Adults usually have a light snack - yoghurt, juice, or a glass of milk. People in Spain eat dinner between 9 and 9:30 in the evening. Dinner consists of one or two courses and a dessert.

30 Boniato asado

Baked sweet potato



Boniato asado

With thanks to:

<https://raicesmurcianas.com/2020/05/13/boniato-asado/>

The sweet potato is a tuber typical of the colder seasons, and thus plays a leading role during the festivities that take place during these months. Besides, we can prepare endless recipes with this food. The quickest and easiest way to prepare these sweet potatoes is in the oven, and it is also one of the best ways to benefit from all their advantages. Accompanied by Iberian ham, sweet potatoes are a real delicacy!

31 Bonito con habas

Tuna with broad beans



Well salted and oily tuna with broad beans is a very simple appetiser. But this appetiser is all the rage in spring here in Blanca. The tender broad beans freshly picked from the garden and the salted tuna, all accompanied by good local bread and a glass of Jumilla wine work wonders. This appetiser is sometimes accompanied by fresh goat cheese or just large slices of tomato.

32 Boquerones en vinagre

Marinated anchovies in vinegar



Boquerones

With thanks to Tamorlan (cc by-sa 3.0)

[https://es.wikipedia.org/wiki/Archivo:Boquerones-Raci%C3%B3n_\(plato\).jpg](https://es.wikipedia.org/wiki/Archivo:Boquerones-Raci%C3%B3n_(plato).jpg)

Boquerones en vinagre are nothing more than anchovies in vinegar without bones. Basically, the fish is eaten raw. Freshly caught anchovy fillets have a brown colour at first. After they are cleaned, they are put in a salt bath for 3 hours. Then they sit in a chilled bath of vinegar for 6 hours. This process slowly changes their colour to white. The anchovies are then dried and seasoned with garlic, olive oil, and parsley.

33 Boquerones fritos

Deep-fried anchovies



The *pescaito frito* is more of a typical Andalusian tapa where fish is dipped in breadcrumbs and then deep fried in extra virgin olive oil before appearing on a plate with lemon slices. In Blanca they know the *chirretes* and *boquerones fritos*. The *anchoas* and *boquerones* are the same fish, and what makes them different is the way they are processed.

34 Butifarra

Blood sausage



Butifarra blanqueña

Butifarra is a Catalan sausage (called Botifarra there) which comes in many varieties. It is sold cooked or raw and can contain all kinds of ingredients, including blood (butifarra negra). In Blanca *butifarra* also exists as a round or bulb-shaped sausage and is made by the local butcher to an old family recipe. It is served as a tapa in the various bars alone or with other tapas.

-

34.1 Type of sausage

Different types of sausage in Blanca (Murcia)



Embutidos

With thanks to: <https://www.facebook.com/carnicerialapepa>

- 1.- Morcilla redonda
- 2.- Morcón
- 3.- Salchichas
- 4.- Morcilla alargada
- 5.- Chorizo
- 6.- Butifarra
- 7.- Sobresada
- 8.- Chorizo picante

35 Caballitos

Breaded shrimp tail



Los caballitos
With thanks to Bar Loba, Blanca (Murcia)

Caballitos (breaded shrimp tails with siphon) are a universal appetiser, but if you like our cuisine, you will notice that we have added a special touch. Being in the village of lemons, we may add a few drops of this fresh citrus fruit, but only a few drops, because otherwise we would mask its flavour.

36 Cacahuetes

Peanuts



Peanuts are a very old tapa in Blanca, as are *panchitos* with skin and *panchitos* without skin. They are served alongside a glass of wine, beer, or vermouth. Vermouth has gained ground in Spain to become one of the favourite aperitif drinks. Peanuts are beneficial for the heart as they are rich in copper, vitamin B3, and magnesium. Vitamin B1 has a positive effect on the nervous and muscular systems among other effects. In addition, peanuts are a good source of antioxidants. In short, peanuts are full of substances that promote health.

37 Calamar a la plancha

Grilled squid



Calamar a la plancha

With thanks to Xemenendura (cc by-sa 3.0)

https://commons.wikimedia.org/wiki/File:Calamar_a_la_plancha.jpg

With lemon, garlic and parsley, or a little aioli, grilled squid is always an important tapa, especially on Sundays after a week of hard work. This is when people take to the streets and walk several laps around the village. Around one o'clock has become time for a nice appetiser with a good beer.

38 Calamares a la romana

Deep-fried squid rings



Calamares a la romana

With thanks to Tamorlan (cc by-sa 3.0)

https://commons.wikimedia.org/wiki/File:Calamares_fritos_-_Madrid.JPG

A typical tapa in Blanca are deep-fried squid rings, also called *calamares a la romana*. They are usually served as a tapa or appetiser, generously topped with slices of lemon. There is no respectable bar throughout Spain that does not offer this delicacy. A strange fact occurs here, as the only deep-fried squid rings with little oil and a crunchy taste I came across were in a bar in Blanca. I have not come across a tapa of such good taste anywhere else. The owners, of course, keep their preparative methods well secret.

39 Caldo con pelotas

Broth with meatballs



Caldo con pelotas is a very popular Christmas recipe in the region of Murcia. In fact, no Murcian table is complete without a bowl of broth with meatballs on Christmas Eve or Christmas Day. These traditional meatballs in a light broth are thus synonymous with celebration and family. A broth with meatballs is a simple delicious recipe easy to make and highly nutritious. It is a tapa that can be obtained in any bar during the cold winter months. It is also a tapa that uses a lot of lemon juice, which adds to its flavour and healthiness.

40 Callos de cordero

Lamb tripe



Callos de cordero

With thanks to Tamorlan (cc by-sa 3.0)

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This cheap and traditional stew is a good option for the cold seasons of the year as it is served very hot. It is slimy and very flavoursome. Numerous culinary formulas can be found throughout the region of Murcia using tripe from different animals: beef, lamb, and pork alongside *chorizo*, serrano ham, and black pudding. However, this dish reflects the influence of the Arab cuisine that characterised the southeastern Iberian Peninsula in the past, with lamb being the meat of choice for this people.

41 Caracoles

Snails



Caracoles

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Snails are a delicacy not only in France and Portugal. These molluscs have been on the menu for centuries in Spain too. Anyone who tastes these snails will not be indifferent to this tapa. Fried with tomato or in sauce with ingredients such as tomato, peppers, or almonds, they are an indispensable dish in Blanca's bars and restaurants. Many lick their fingers after them. When it rains, one often sees people searching the meadows for snails in order to be assured of a delicious afternoon dish.

42 Champiñones al ajillo

Champignons in garlic



Champiñones al ajillo

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Champignons in garlic are a tapa that is not common in bars anymore, but fortunately we can still find it in Blanca's bars. They are prepared with garlic, parsley, and the juice of half a lemon. It is a delicious and healthy tapa after which people lick their fingers.

43 Chipirones fritos

Deep-fried squid



The dish of *chipirones fritos* is very typical of the cuisine around the Mediterranean. This dish with strong Spanish origins is prepared in bars, restaurants and beach bars along the coast as a delicious tapa. Who can resist the taste of crispy deep-fried squid? No one! This tapa is so classic that it is hard to find anyone who says no to it; not for nothing is it one of the most requested dishes in any Spanish restaurant.

44 Chipirones a la plancha

Grilled baby squid



Chipirones a la plancha
With thanks to Tamorlan

<https://commons.wikimedia.org/w/index.php?curid=15013783>

Grilled baby squid is prepared with a special dressing in which we combine a classic garlic and parsley puree with white wine. This tapa seems slightly raw to taste, but the flavour is exquisite. Especially if you also give the squid a generous splash of lemon juice and add extra virgin olive oil. One usually enjoys white wine with this tapa, but some people prefer beer.

45 Chirretes

Mediterranean sand smelt



The *pescaito frito* is more of a typical Andalusian tapa where fish is dipped in breadcrumbs and deep-fried in extra virgin olive oil before appearing on a plate with lemon slices. In Blanca they know the *chirretes* (*Atherina hepsetus* Linnaeus or Mediterranean sand smelt) and *boquerones fritos*. As we know, the *anchoas* and *boquerones* are the same fish and what makes them different is the way they are processed.

46 Cigalas

Lobster



Cigalas

With thanks to Tamorlan (cc by-sa 3.0)

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Lobster is one of the least calorific seafoods with very little fat and high protein. It is healthy in every way and exquisite in flavour. Lobster is accompanied by a simple but delicious dressing, chopped garlic and parsley, extra virgin olive oil, white wine, and salt to taste. In short, in just 10 minutes the bar will have your tapa of grilled lobster ready to enjoy warm on the table with good white wine if you like.

47 Chorizos alargados

Long Spanish Chorizo



The best known Spanish sausage is the *chorizo*. The strong peppery flavour and colour are characteristic of this classic. The filling is often coarse, containing many large pieces of meat and fat. Besides paprika the seasonings are oregano, garlic, and cumin. They are available fresh and dried and in a variety of lengths and thicknesses.

48 Chorizo picante

Spicy Spanish Chorizo



Chorizo picante
With thanks to Julia y sus recetas
<https://www.juliaysusrecetas.com>

The most famous Spanish sausage *chorizo* also appears in Blanca in a spicy form as a tapa in the various bars. The strong peppery flavour and colour are characteristic of this classic. Besides paprika the seasonings are oregano, garlic, and cumin. They are served as tapa alone or in combination with other tapas such as potato omelette.

49 Cogollos de lechuga

Cogollos lettuce



Cogollos de lechuga

With thanks to Tamorlan (cc by 3.0)

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Cogollos lettuce, originally from the Spanish village of Tudela, is a type of lettuce with a more pronounced flavour and crispy texture. This lettuce has a high water content (95%), vitamins A and B9, and minerals (potassium, calcium, iodine). Besides being tasty lettuce at the bar, it can accompany dishes such as canned anchovies, fresh cheese, smoked salmon, chopped garlic, asparagus, tuna, or be served with a vinaigrette sauce.

50 Conejo frito con tomate

Fried rabbit with tomato



Conejo frito con tomate

The tapa of fried rabbit with tomato is one of the recipes typical of Blanca that everyone should know. It is an easy recipe full of rustic flavour provided by the mixture of tomato, green peppers, a red pepper, crushed tomato, salt, and extra virgin olive oil, which gives the frying a unique flavour. Moreover, rabbit meat has hardly any fat. It is high in protein along and phosphorus. It is also a source of selenium, which contributes to the function of the immune system and helps to protect cells from oxidative damage.

51 Criadillas de toro

Bull' testicles



Stierentestikels
With thanks to Loco X el Asado

The testicles of bull, calf, pig, or lamb are an equally revered and sometimes loathed food. There are people who like strong emotions and to them these *criadillas* are highly recommended. In Spain testicles are in a group of products called *casquería* (offal) along with kidneys, *asadurillas* (organ waste), tongues, cocks' backs, tripe, etc. The testicles are coated in flour, salt, pepper, and briefly fried in hot extra virgin olive oil. They're delicious with some lettuce and *patatas bravas*. If you don't know what it is, try it - it even looks tasty.

52 Croquetas

Croquettes



Croquetas

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The croquettes in Blanca are very different from Dutch meat croquettes. They are usually filled with ham, fish, chicken, or cheese and served deep-fried on a plate. The outer wall is not as hard as that of Dutch croquettes, but in many cases this has changed. Despite its French origins the croquettes are now an indispensable creation in Blanca's bars.

53 Ensalada murciana (mojete)

Murcian salad



Ensalada murciana

With thanks to Tamorlan (by cc 3.0)

https://commons.wikimedia.org/wiki/File:Ensalada_murciana-2011-02.JPG

Murcian salad, also called *mojete*, was originally prepared in summer with natural tomatoes and in winter with canned tomatoes, but now it is always prepared with canned tomatoes. It also has chopped onion, a hard-boiled egg, tuna or grilled cod, olives, and depending on who prepares it, it may contain green peppers and sometimes even capers.

54 Ensaladilla rusa

Potato salad



This is a cold dish consisting of potatoes, mayonnaise, pickled vegetables, egg, and tuna. It is a classic and famous dish, simple and very refreshing, but if we want to prepare it properly, we need to know all its "secrets". When it gets hot, there is nothing more comforting than drawing from the summer repertoire of dishes such as *gazpacho*, *salmorejo*, *mojete*, and of course *ensaladilla rusa*. But there is much controversy about its origins of this last dish, which is highly sought after as a tapa in Blanca's bars.

55 Esparragos

White asparagus



In Blanca the white asparagus tapa is prepared with extra virgin olive oil, black pepper, and lemon juice. Asparagus can be used not only for tapas and appetisers, but also combined with other dishes and tapas. There used to be special asparagus tongs that are no longer in use, but it is common to eat asparagus with the hands if there is no cutlery on the table. Micronutrients include B vitamins, potassium, iron, and phosphorus. Asparagus also contains several phytochemicals, including phenolic compounds with antioxidant and anti-inflammatory properties.

56 Esparragos verdes a la plancha

Grilled green asparagus



By now we have become accustomed to fresh green asparagus all year round, but it still remains one of the great spring foods. A simple tapa can include a plate of grilled green asparagus, crispy with a touch of salt flakes, delicious and healthy. Micronutrients include B vitamins, potassium, iron, and phosphorus. Asparagus also contains several phytochemicals, including phenolic compounds with antioxidant and anti-inflammatory properties.

57 Estornino en escabeche

Marinated mackerel



There is a fish known in the Murcia region as *estornino*, although in the rest of Spain it is called *caballa* and *verdel*. It is the delicious blue mackerel, usually cheap in season and perfect for pickling. This was a very traditional appetiser in Murcian cuisine, also eaten as a tapa in Blanca.

58 Gambas a la plancha

Grilled prawns



To be fair, grilled prawns were not served as tapas, but rather as a dish. They were a bit special, different from the usual everyday tapas, and usually reserved for Sundays and holidays (Easter, fairs, Christmas, etc.) when they were served in large quantities. Of course, lemon cannot be missed with this tapa in Blanca.

59 Gambas al ajillo

Fried prawns with garlic



Gambas al ajillo

With thanks to Krista (cc by 2.0)

https://es.wikipedia.org/wiki/Archivo:Gambas_al_ajillo_en_madrid.jpg

In Blanca you can also enjoy a tapa of fried prawns with garlic, as they have been serving this tapa in small earthenware dishes for many years. For many people this tapa is the turning point between the traditional tapas of yesteryear and the tapas of today where small gastronomic creations are starting to appear in some establishments which are delicious appetisers, but from the experts' point of view do not meet the essential characteristics of a tapa.

60 Gambones a la plancha

Grilled king prawns



Gambones a la plancha
With thanks to Bar Loba, Blanca (Murcia)

Fish and seafood are some of the stars of the most special occasions. These grilled king prawns with lemon and salt are a real delicacy, and a juicy snack if their quality is high. Gambones, or king prawns, are a type of shrimp marketed under this name but distinguished by a larger head than that of prawns, a more intense colour and flavour, and a larger amount of meat inside.

61 Guindillas

Spicy chili peppers



This chilli is an elongated green pepper used for pickling. Pickled with water, salt, and white wine vinegar, the colour of the chilli becomes milder and yellowish. It is served as a tapa in Blanca. The spiciness of chilli peppers is good for the stomach. The chemical constituent capsaicin causes an increase in the body temperature. Chilli peppers have anti-inflammatory power and are high in vitamins and minerals such as A, C, E, and iron.

62 Habas frescas

Fresh broad beans



Habas frescas

With thanks to Tamorlan (cc by-sa 3.0)

Broad beans are eaten raw in Murcia with a piece of cod, sausage, and also fried onions. Broad beans are added to many stews. Most people remove the beans from the pods and peel the beans in their mouths, but I eat the beans with the skins and a nice glass of red wine. It is indeed quite normal in Murcia to eat these raw beans with meals.

63 Habas salteadas con jamón

Sautéed broad beans with ham



The tapa of sautéed broad beans with ham is a classic in many bars. It is one of grandma's recipes, very encompassing with few ingredients and very quick to make. Its simplicity is probably its splendour. Although the broad bean season is spring, fortunately we can eat any tapa of sautéed broad beans with ham during many months of the year. Broad beans are high in calories and protein and contain vitamins A, B2, C, and E as well as minerals such as potassium, phosphorus, sodium, calcium, iron, magnesium, and zinc. Consumption of broad beans as a food is helpful in removing fat from the arteries, thus lowering cholesterol.

64 Habas fritas

Deep-fried and salted broad beans



Habas fritas

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Fried and salted broad beans are served as an appetiser just like roasted chickpeas. There is no better way to accompany a daily beer with a tapa or a platter of nuts mixed with fried and salted broad beans. They keep the bones strong and the calcium in them helps to keep the teeth healthy. They also increase oxygen in the blood thanks to the vitamin B1 and iron content. Furthermore, they improve brain health thanks to vitamin B and thiamine.

65 Hígado de cerdo

Pork liver



Pork liver with onions is a very typical tapa in the bars of Blanca and it is delicious! I encourage you to try it, because it is one of the grandmas' recipes and that means taste, quality, and health. You can add a little lemon juice to give it a special flavour. Liver is a very wholesome food to give to children and the elderly as it contains many vitamins. It helps children grow, prevents anaemia, and makes elderly people stronger. As it is rich in iron, it is highly recommended for people who exercise intensively. Moreover, its consumption is highly recommended to pregnant women because of its content of vitamin B12.

66 Huevas

Dried and salted roe



Hueva seca

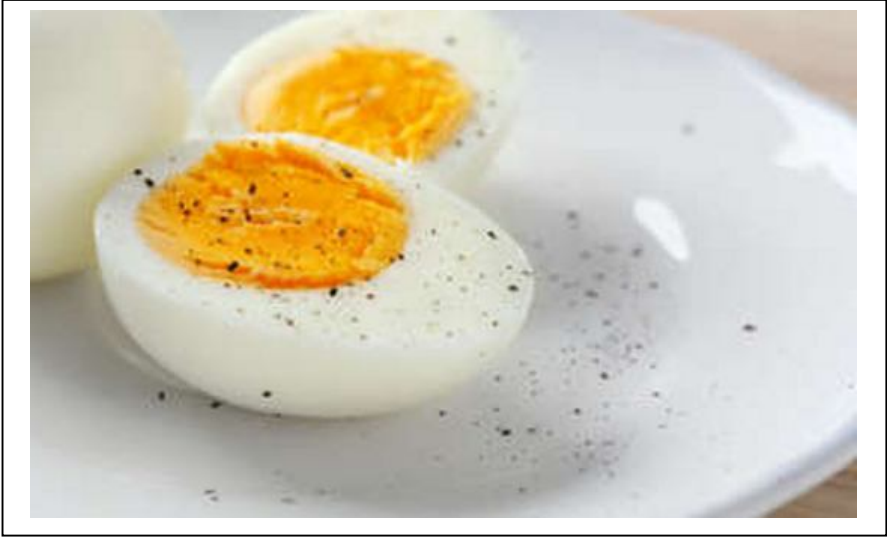
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<https://commons.wikimedia.org/w/index.php?curid=7246517>

We are all familiar with salting, the process of preserving food so that it is available for consumption for longer, the effect being to partially dehydrate the food. Salting is part of the gastronomic culture of the region of Murcia. It existed in the Bronze Age and there are a thousand ways to taste the remaining fish specialities: roe and tuna loin with fried almonds.

- 67 Huevo duro

Hard-boiled egg



One may look surprised, but a hard-boiled egg is also served as a tapa in Blanca's bars. It is served with extra virgin olive oil, black pepper, and possibly several drops of lemon juice. The hard-boiled egg is often the starting point for the preparation of other tapas such as asparagus, ham, bacon, sausages, black pudding, bread, and salmon to name a few. Boiled egg yolk contains a great source of vitamins A, E, and D, folic acid, B1, B2, B6, and B12. It also contains natural vitamin D and the protein is fat-free, making it an ideal dietary food.

68 Jamón Ibérico

Spanish Iberian ham



Jamón Ibérico

With thanks to Evalesias (cc by-sa 4.0)

<https://commons.wikimedia.org/w/index.php?curid=10973643>

Iberian ham is known as a Spanish "gourmet" tapa. The main characteristics that distinguish the quality of Iberian hams are the purity of the breed of the animals, the extensive rearing of Iberian pigs in wooded pastures where they can move freely. the diet of the pigs, the ageing of the ham which usually lasts between 24 and 48 months with the ageing time being longer the larger the piece is, and the more acorns or nuts the pigs eat.

69 Jamón Serrano

Spanish Serrano ham



Spaanse serrano ham

With thanks to Nostrix (cc by 3.0)

[https://an.wikipedia.org/wiki/Imachen:Jam%C3%B3n_serrano_\(by_Awersowy\).jpg](https://an.wikipedia.org/wiki/Imachen:Jam%C3%B3n_serrano_(by_Awersowy).jpg)

Real Spanish sliced ham (jamón serrano) is an expensive culinary dish eaten with fingers or on bread. One sees this great ham in every bar in Blanca. The more expensive version jamón ibérico is more common in restaurants, but can be found in a bar in Blanca. The Serrano ham is served only with bread, but in some cases also with cheese.

70 Jamón y queso

Ham and cheese



Jamón y queso

With thanks to Tamorlan (cc by-sa 3.0)

<https://commons.wikimedia.org/w/index.php?curid=9615696>

Made from goat's milk, Spanish cheeses have a flavour with a lot of personality, and this is confirmed by their designation of origin on the label. These cheeses are at their best with a good glass of red wine or salted almonds. This tapa also goes very well with a delicious Serrano ham and baguette.

71 Langosta a la plancha

Grilled langoustines



Langosta a la plancha
With thanks to Hotel Poniente
<https://www.hotelponientegrana.es>

Grilled langoustines are also often found in Blanca or the Murcia region, cut in half and grilled until the meat timidly emerges from the shell. The most common garnishes used with this tasty delicacy are mayonnaise sauce, vinaigrettes, or a few drops of lemon juice. This is a seafood very similar to the cigala, but some differences can be observed. The colour of the langoustine is much less red than that of lobster. Unlike lobster, the langoustine is larger and thicker.

72 Langostino cocido

Cooked prawns from Mar Menor



Smaller than the rest of their species, but with a more intense colour and flavour, the Mar Menor prawn is highly prized throughout the peninsula. This crustacean likes good weather, quiet nights, and sandy soil. It is as sybaritic as those who eat it. As an appetiser or in more elaborate dishes, they are the jewel of the Mar Menor. They appear as a tapa in most Blanca's bars. They are often served with pieces of lemon to flavour them.

73 Lengua en salsa

Calf tongue in sauce



Lengua en salsa

With thanks to La cocina de Rosi

<http://lacocinitaderosiblogspot.com/2011/03/lengua-en-salsa.html> 18.10.2020

Lengua en salsa is another important tapa in Blanca, where the meat is slowly simmered. Veal, and in particular the tongue, contains minerals such as iron, zinc, and phosphorus as well as B vitamins. The latter include B12 found only in foods of animal origin and essential for protein metabolism, the formation of red blood cells, and maintenance of the central nervous system.

74 Longaniza roja

Red sausages



Longanizas rojas

With thanks to:

<https://www.embutidoslamurcianica.com/productos/embutidos-frescos-murcia/>

The tapa of *longaniza roja* has to do with a type of Spanish sausage that differs mainly from *chorizo*. *Longaniza* is a thinner sausage flavoured with paprika, black pepper, oregano, and possibly nutmeg. Lean pork is usually used, and the resulting product can either be dried to be eaten cold or grilled or fried to be eaten hot. One often sees these sausages in butcher shops hanging from the ceiling in long thin strips.

75 Magra con tomate

Pork meat with tomato



Magra con tomate

With thanks to Tamorlan (cc by 3.0)

<https://commons.wikimedia.org/w/index.php?curid=15013202>

Pork meat with tomato is an inexpensive tapa which makes a good option for the cold seasons as it is served very hot. There are numerous culinary formulas throughout the Murcia region that use tripe from different animals: beef, lamb, and pork. However, this region reflects the influence of the Arab cuisine that characterised the southeastern Iberian Peninsula in the past, with lamb being the meat of choice of this people, then replaced by pork.

76 Marinera (Anchoa)

Anchovies on a crispy breadstick with potato salad



Las marineras: very common as tapas in bars as an appetiser. They consist of potato salad served on an oblong crispy breadstick with an anchovy. They are usually eaten as an appetiser in bars and there are several variations:

- *Bicicleta* -> crispy breadstick and potato salad only
- *Marinera* -> *bicicleta* with an anchovy (anchoa)
- *Marinero* -> *bicicleta* with an anchovy in vinegar (boquerón).
- *Matrimonio* -> *bicicleta* with anchovies and *boquerón*, but the combination without potato salad and hard breadstick) is also called *matrimonio*.

77 Marinero (boquerón)

Anchovies in vinegar on a crispy breadstick with potato salad



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78 Matrimonio

Anchoa and boqueron together



Matrimonio (Bicicleta with Marinera and Marinero)
With thanks to Mariano Cano Talavera

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79 Mejiones al vapor

Steamed mussels



Mejiones al vapor

With thanks to Tamorlan (cc by 3.0)

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These steamed mussels are served as a tapa with black pepper and lemon. Its consumption is particularly recommended if there is anaemia. Other customers prefer mussels with pieces of garlic. Mussels contain omega-3 fatty acids and minerals such as iodine, calcium, phosphorus, and potassium. However, people with hypertension or hypercholesterolemia should moderate their consumption, as this seafood is very rich in sodium and cholesterol.

80 Mejiones en escabeche

Marinated mussels



Mejiones

With thanks to Tamorlan (cc by-sa 3.0)

<https://commons.wikimedia.org/w/index.php?curid=7283885>

Marinated mussels are among the most popular snacks as tapas. And this is not surprising, as they have numerous properties in addition to their intense flavour. Escabeche is an ancestral form of preservation based on vinegar, oil, and salt to which aromatic herbs, pepper, paprika, and garlic can be added among other ingredients. Marinated mussels are rich in vitamins, especially B12 and nutrients such as iron, iodine, potassium, zinc, magnesium, calcium, vitamins B, C, D, E, and K.

81 Michirones

Broad beans in a spicy sauce



Michirones

With thanks to Tamorlan (cc by 3.0)

<https://commons.wikimedia.org/w/index.php?curid=15013283>

Michirones are dried broad beans cooked with paprika, bacon, ham on the bone, chorizo, and a touch of spices. It is served piping hot in an earthenware dish. Accompanied by a glass of wine they are delicious against the cold in winter. Murcian broad beans with spices - the michirones - are a typical dish of Murcian gastronomy consumed as a tapa in many bars throughout the year.

82 Mojama

Dried and salted tuna loin



Mojama

With thanks to <https://www.directoalpaladar.com>

We are all familiar with salting, the process of preserving food so that it is available for consumption for longer, the effect being to partially dehydrate the food. Salting is part of the gastronomic culture of the region of Murcia. It existed in the Bronze Age and there are a thousand ways to taste the remaining fish specialities: roe and tuna loin with fried almonds.

83 Mojama y hueva

Dried and salted tuna loin and roe



Foto 1 Mojama y Hueva
With thanks to <https://www.tripadvisor.com>

We are all familiar with salting, the process of preserving food so that it is available for consumption for longer, the effect being to partially dehydrate the food. Salting is part of the gastronomic culture of the region of Murcia. They existed in the Bronze Age and there are a thousand ways to taste the remaining fish specialities: roe and tuna loin with fried almonds. These two specialities often go together as a tapa.

84 Montaditos con sobresada y queso fresco

Slice of bread with sobresada and fresh cheese



Montaditos con sobresada y queso fresco
With thanks to Jesús Egea Molina

The montadito, or simply montado (bring up), is a type of sandwich made with a slice of bread usually called montadito. They are very widespread in Spain, especially in Andalusia where they have a tradition since the 15th-16th centuries. The combination of sobresada and fresh cheese is a small tribute to our region of Murcia. This tapa of montaditos with sobresada and fresh cheese is one of them.

- 85 Montadito de lomo

Pork tenderloin sandwich



Montadito de lomo

With thanks to Tamorlan (cc by 3.0)

<https://commons.wikimedia.org/w/index.php?curid=15015147>

The tapa of *monteditos de lomo* is prepared on the griddle or in a frying pan with a drizzle of extra virgin olive oil. *Montaditos* are small sandwiches that are very popular in Blanca's gastronomy and can be filled with almost any food. The most classic version is that of pork tenderloin generously topped with lemon juice. And so that this ingredient does not stand so alone people also add cheese and green peppers (pimientos de padrón) if desired.

86 Montadito de salchicha

Slice of bread with sausage



Another traditional tapa in Blanca is that of *montadito de salchicha*. This is served especially during summer festivals, never forgetting juice from a fresh lemon. It is usually served with beer. Some people prefer a *montadito de longaniza* or *montadito de lomo*. These are tapas that are quickly made on the griddle with extra virgin olive oil and usually do not lack the unpitted olives, which deserves clarification. While the meat tapas are prepared on the griddle, one starts eating olives or possibly fried almonds.

87 Morcilla de verano

Summer morcilla of aubergine



This version of this tapa in Blanca is known as *morcilla de verano* (summer blood sausage), and although the name suggests otherwise, it is prepared mainly with produce from the vegetable garden. There are no ingredients of animal origin, hence its recent nickname of vegetable blood sausage. The tapa is a mixture of aubergine, fried onion, pine nuts, and oregano, and the reason for the name is that the aroma and flavour are strongly reminiscent of the sausage to which it refers.



With thanks to: <http://www.puestoma2tazas.com/morcilla-de-vera>

88 Morcilla alargada

Long dried blood sausage



Morcilla and *butifarra negra* have to do with blood sausage, as they love blood sausage in Spain too. Morcilla actually means nothing more than sausage, but it always refers to blood sausage. *Butifarra negra* means black sausage, but in Catalan. The long dried blood sausage from Blanca usually contains onion. This is the traditional Spanish *morcilla* blood sausage of extremely good quality. This tapa becomes an intense gustatory experience by selecting only the very best traditional ingredients.



Long dried Morcilla
With thanks to:
<https://www.facebook.com/carnicerialapepa>

89 Morcilla redonda

Small round dried blood sausage



Morcilla and *butifarra negra* have to do with blood sausage, as they love blood sausage in Spain too. *Morcilla* actually means nothing more than sausage, but it always refers to blood sausage. *Butifarra negra* means black sausage, but in Catalan. The small round dried blood sausages from Blanca usually contain onion. This is the traditional Spanish *morcilla* blood sausage of extremely good quality. This tapa becomes an intense gustatory experience through the selection of only the very best traditional ingredients.



Morcillas redondas in the middle
With thanks to:
<https://www.facebook.com/carnicerialapepa>

90 Morcón

Blood sausage in whole round form



Traditionally made in Blanca but also with lean pork, *morcón* is lighter in colour than its counterparts. This colour and flavour is mainly due to the composition of the spices used. Moreover, unlike the other *morcones*, it is made with cooked meat. As a result, its maturation time is shorter than that of other types of *morcones*.

91 Navajas al natural

Simple razor clams



Simple razor clams are a typical tapa in Blanca. They are served in small portions with a generous amount of juice from fresh lemons which are abundant in Blanca. Razor clams are a highly prized mollusk firstly because of their rich flavour and secondly because they contain a lot of healthy nutrients. It is particularly notable for its high content of Omega 3, a polyunsaturated fatty acid that is not produced by the body and is necessary for proper cardiovascular and cognitive function.

92 Olivas rellenas con anchova

Olives stuffed with anchovies



The tapa of olives stuffed with anchovies can be found in every bar in Blanca. As such they are one of the best accompaniments to salads and even pizza. Despite all the different varieties that exist we can say without a doubt that one of the most popular types of olives and one of the easiest to find in all bars in Blanca are olives stuffed with anchovies. Olives are the fruit of the olive tree and are therefore foods that can be considered hearty and healthy. However, these olives with anchovies are a finished product with a high salt content, which is not advisable to eat in large quantities or daily unlike simple olives.

93 Olivas con hueso

Olives with stones



Green, black, with stones, pitted, stuffed, without stuffing, spiced, plain, large, small, olives are one of the treasures of the Mediterranean diet. Not surprisingly, they are the most popular snack offered at any time in any bar or restaurant in Spain. In Blanca's bars we see green olives with stones. Olives offer us several health benefits. In fact, they are an essential part of the delicious Mediterranean diet. They are highly nutritious and contain phosphorus, iron, magnesium, potassium, sodium, and iodine. Besides these minerals they are antioxidant due to their vitamins A, B, and E.

94 Oreja de cerdo a la plancha

Grilled pig's ear

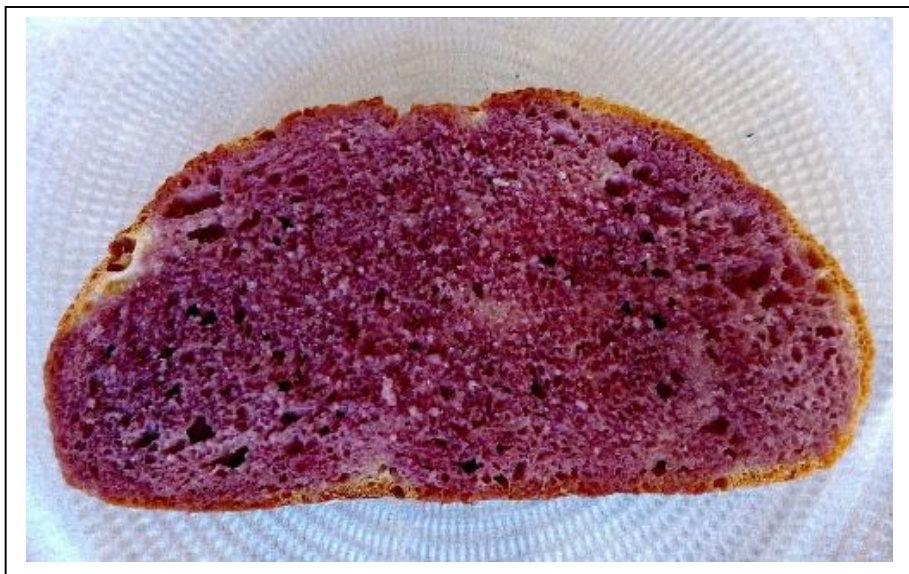


Oreja de cerdo a la plancha
With thanks to Bar Loba, Blanca (Murcia)

It is true that you can use anything from a pig (even the legs!), so even the cheeks (which are becoming increasingly popular), the snout, the ear, the brains, the tripe or trotters are pieces that, if prepared properly, are exquisite in flavour and form part of both traditional and more innovative dishes. The tapa of grilled pig's ear is traditional and served in bars in many regions. The ear is cooked to tender, marinated with paprika, and grilled so that the gelatinous and tender texture turns brown, creating areas of very interesting crispness.

95 Pan con vino y azúcar

Bread with wine and sugar



Pan con vino y azúcar
With thanks to Francisco Álvarez Gabarrón

A tapa from many years ago was probably very little used in Blanca's bars, but was there because the bar owners also had children. It made a handy snack that so many mothers resorted to in order to get through the uncertainty of those afternoons of the 1960s with average success. It consisted of a slice of bread, the kind with a compact brown crumb, sprinkled with a generous splash of red wine and sugar that warmed rather than filled the body. Then this custom fell into disuse only to return today with variations in this recipe that is now used more as a dessert.

96 Pan con tomate

Bread with tomato



Pan con tomate is bread from the grill with garlic rubbed over it, tomato, extra virgin olive oil, and salt. This combination did not use to occur in Blanca and is more from recent years. It is eaten for breakfast, but people used to and still have toasted slices of baguette with extra virgin olive oil rubbed on top and some salt.

97 Panchitos con piel

Peeled peanuts with skins



Peanuts are a very old tapa in Blanca, as are *panchitos* with and without skins. They are served alongside a glass of wine, beer, or vermouth. Vermouth has gained ground in Spain to become one of the favourite aperitifs. Oranges are beneficial for the heart as they are rich in copper, vitamin B3, and magnesium. Vitamin B1 has a positive effect on the nervous and muscular systems and other effects. In addition, peanuts are a good source of antioxidants. In short, peanuts are full of substances that promote health.

98 Parajote

Deep-fried dough flavoured with lemon leaf



Parajote

With thanks to Tamorlan

<https://commons.wikimedia.org/w/index.php?curid=15014944>

The Murcian *paparajote* is a typical tapa from Blanca's garden, using lemon leaves. They are covered with dough made with flour, milk, and eggs. The whole thing is then deep-fried and sprinkled with sugar and cinnamon. *Paparajotes* were introduced to Murcia by the Arabs. To eat them one peels the mass off the lemon leaf, which peels off effortlessly. Of course, do not eat the lemon leaf which is essential for flavouring the whole thing.

99 Patatas alioli

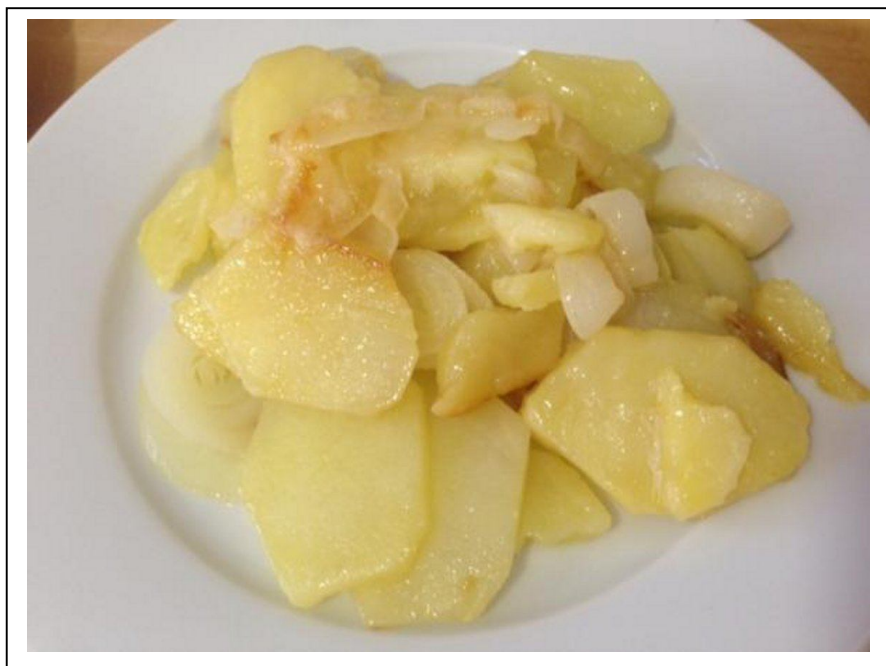
Potatoes with aioli sauce



If you go to any bar in Spain, you will definitely find this easy, tasty, cheap, and famous tapa - the *patatas alioli*. It is a classic still often served for free in many bars when ordering only a beer or wine. If one is a fan of the aioli sauce, these potatoes are the perfect accompaniment. One of the great benefits of this tapa is that it is appetising. The main nutritional properties of aioli are its vitamins, because thanks to its main ingredient - garlic - this sauce contains large amounts of vitamin K, a vitamin that plays an important role in the blood clotting process and is very important for proper function of the liver.

100 Patatas a lo pobre

Pauper potatoes



The tapa of *patatas a lo pobre* is a tasty potato dish typical of the cuisine of Blanca in southeastern Spain. They did not use to have even the basic ingredients for it: potato, onion, peppers, and garlic. All that sautéed in olive oil. The name stems from the post-war years when there was nothing in the kitchen or pantry and potatoes were prepared only with onions, garlic, and peppers, and people said that there to eat were "patatas a lo pobre", i.e. the side dish became the main dish or the only dish that fed the family.

101 Patatas asadas a la llanda

Potatoes roasted on a griddle



It used to be a custom for bar owners in Blanca to hand their peeled half potatoes to the local baker. The baker put the potatoes on a baking tray and into the oven, and once the potatoes were roasted, the bar owner had the tapa of *patatas asadas a la llanda* at his disposal. Then the roasted half potatoes were served with some black pepper in the bar with a glass of good red wine. Thanks to this method of preparation the potatoes were deliciously crispy. Times have changed, but bars in Blanca still have these delicious roasted potatoes.

102 **Patatas a la brava**

Fried diced potatoes with spicy tomato sauce



Fried diced potatoes with spicy tomato sauce

With thanks to Tamorlan (cc by-sa 3.0)

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The original *patatas bravas* are fried cubes of potatoes about 2 centimeters long served hot with a tangy tomato sauce on top. Not too spicy, as Spaniards do not like dishes that are too spicy. *Patatas bravas* did not use to occur in Blanca, only a variant of them was very popular there - the *patatas con alioli* - larger pieces of sliced potatoes with a spicy garlic sauce.

103 Patatas fritas chips

Potato crisps



The tapa of *patatas fritas* in the form of crisps is an invention of the last 40 years. It is a quick tapa that may be served with black pepper and lemon juice on demand. The potato crisps contain nutrients that are important for health. Unfortunately, the presence of harmful micronutrients is significantly higher. It is therefore advisable to limit their consumption.

104 Perdices

Partridges of lettuce



Partridges? The truth is that the most complicated thing about this Murcian recipe is the reason why its name is well understood, because the preparation could not be simpler. In Murcia they seem to like giving meaty names to vegetable dishes. Whatever it may be, this tapa of *perdices* should be made with romaine lettuce. This tapa of *perdices* is seasoned with ground black pepper, extra virgin olive oil, salt, and vinegar. Instead of vinegar people in Blanca prefer lemon juice.

105 Picantosa

Spicy cod



This is one of the spicy tapas in the Ricote valley. In the village of Abarán they call it *rin-ran*, but in Blanca, which is only 5km away, they call it *picantosa*. The base of this dish is dried cod and ñoras, which combine perfectly into a very tasty and nutritious appetiser. In Blanca they also add some chilli or cayenne pepper to spice the flavour up.

106 Pimientos rellenos

Stuffed sweet peppers



The versatile *piquillo* pepper stuffed with tuna is a gourmet gem of a healthy, balanced, delicious tapa. This dish brings all the antioxidants of red pepper into your diet. Tuna is an oily fish which provides about 12% of fat and is rich in omega 3 fatty acids. This fish also offers a high amount of protein with high biological value - about 23 grams per 100 grams of tuna, and provides 200 kcal per 100 grams. Furthermore, vitamins from the B group plus A and D are present. and as for minerals, we observe phosphorus, magnesium, iodine, and iron.

107 Pimientos de padrón

Grilled padrón peppers



Pimientos de padrón

With thanks to Jessica Spengler (cc by 3.0)

https://es.wikipedia.org/wiki/Archivo:Pimientos_de_Padr%C3%B3n_-_5.jpg

Pimientos de padrón are small capsicum-like peppers that have been popular in Blanca as a tapa for many years. They are grilled in extra virgin olive oil and served with coarse salt. By Spanish standards this tapa has a spicy flavour, as little sharp food is eaten in Spain. Grilled *padrón* peppers are also enjoyed at lunch with the best ham or with a Spanish omelette.

108 Pincho moruno

Meat skewer



Pincho moruno

With thanks to Tamborlan (cc by 3..0)

https://es.m.wikipedia.org/wiki/Archivo:Pincho_moruno-Valladolid.jpg

People did not use to see them, but today a *pincho moruno*, or meat skewer, is common in Blanca. The spicy pork or chicken meat is often served on a slice of bread or baguette topped with coarse sea salt. *Pincho moruno* originated in Arab countries and was prepared with lamb.

109 **Pisto de verduras**

Murcian ratatouille



The origins of this dish or tapa date back to the Muslim presence in the Valle de Ricote and all the ingredients are the fruit of the riches of the Murcian vegetable garden. Made from fried onion, pepper, and aubergine with tomato, it can be eaten on its own or scrambled with eggs. A great dish. It is very good for digestion and gives us a lot of fibre. Peppers also contain large amounts of fibre, antioxidants, vitamins - especially C, and minerals. It also helps to lower blood cholesterol.

110 Pulpo a la Gallega

Octopus Galician style



Pulpo a la Gallega

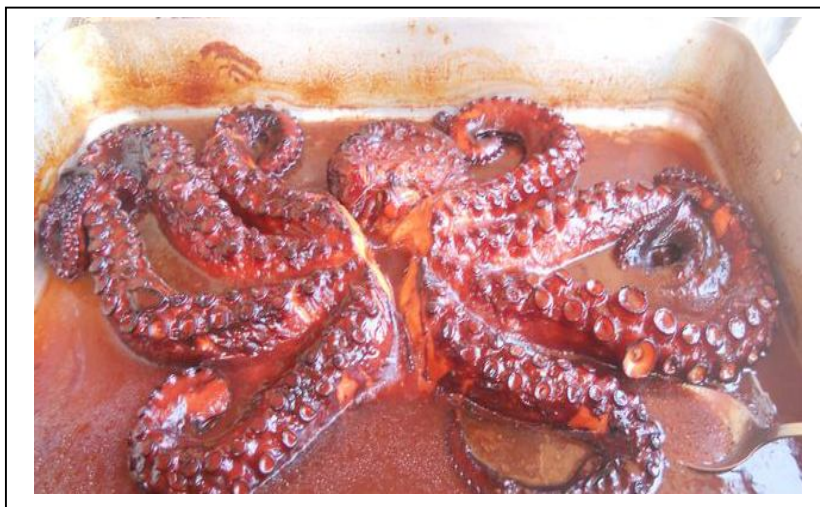
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This tapa is often served on a wooden plate in Galicia. This is why it is known as *pulpo a la gallega*. It is served cooked and minced, seasoned with salt and paprika, and drizzled with extra virgin olive oil.

111 Pulpo al horno

Oven-baked octopus with paprika powder



Pulpo al horno con pimentón
With thanks to Eduardo Sánchez

Pulpo al horno, baked by the baker in his oven, used to be served a lot in the various bars of Blanca. Cooked octopus came into use more later. The octopus is served with extra virgin olive oil, paprika powder, and lemon. Some people are more likely to prefer cooked octopus only with extra virgin olive oil and lemon.

112 Pulpo cocido

Cooked octopus



When bar owners wanted to prepare their own octopus, the cooked octopus came into use more. The octopus is served with extra virgin olive oil, paprika powder, and lemon. Some people are more likely to prefer cooked octopus only with extra virgin olive oil and lemon.

113 Queso fresco en aceite de oliva

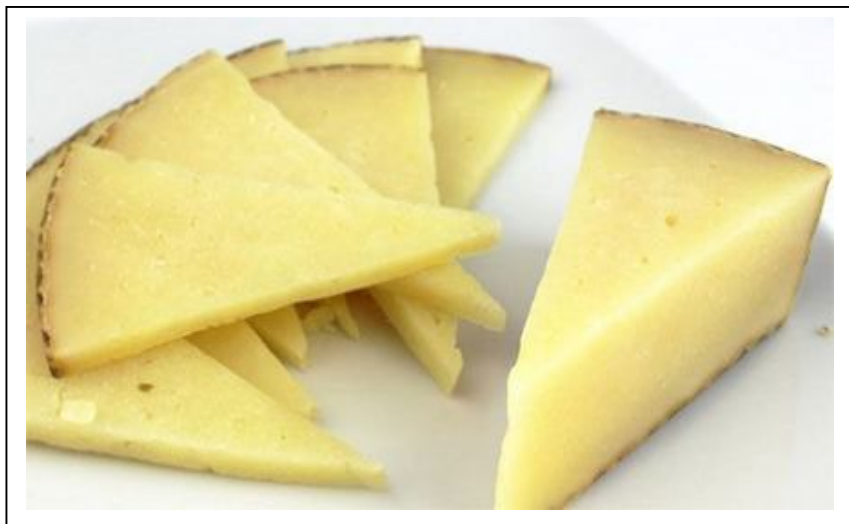
Fresh goat cheese in olive oil



A curious fact is that this form of preservation was very common pastoral food and could be used to accompany muleteers. Christopher Columbus included it in the foods brought by his crew. When people noticed that it took on the characteristic nuances of olive oil and even more that cheese with unique flavours could be obtained by adding other ingredients such as herbs, garlic, or onion, they started using it more often. This is why *queso fresco* in olive oil is a very traditional tapa.

114 Queso manchego

Cheese from Castilla de la Mancha



There are many cheeses in Spain, and you will usually be offered a local cheese, but some varieties have become staples in Blanca's bars. One is, the cheese from La Mancha. The people of La Mancha are traditionally shepherds and cheese makers, like all primitive peoples. Manchego cheese is mentioned in a number of historical and literary documents, such as Cervantes' *Don Quixote* who clearly associates cheese with La Mancha. This cheese is commonly eaten in Blanca's bars in combination with Serrano ham.

115 Rabo de toro

Bull's tail



Rabo de Toro
With thanks to José Molina Ruiz

The bull's tail is also prepared in Blanca as a tapa. Usually during the August holidays, as this is when this tapa is traditionally prepared with tails from the bullfights. This is a very old recipe, as the Roman gastronome Marcus Gavius Apicius (1st century AD) wrote recipes for this delicacy in his *De re coquinaria*. The cook *Kitab al-Tabij* included recipes using bull's tail in his treatise on cooking in the 13th century.

116 Salchichas

Spanish sausages



Salchichas are Spanish sausages made from chopped meaty parts of an animal, such as fat, offals, or blood. All this is then stuffed into a skin of natural casing, which is traditionally the animal's stomach lining. What a simple way to be happy.... A beer and a sausage roll as a tapa. Some prefer to add some grilled onions to the roll.



Bocadillo de salchichas

With thanks to:

<https://www.facebook.com/carnicerialapepa>

117 Salpicón de marisco

Seafood portions



Salpicón de marisco

With thanks to Tamorlan (cc by 3.0)

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The seafood *salpicón* tapa is a delicious fresh dish with an incredible taste of the sea. This seafood salad is very easy to prepare and perfect for sunny summer days. This tapa is not old, as it did not exist in Blanca's bars in 1969. However, the word *salpicón* does, as *salpicón* was traditionally a dish with different types of minced meat. It is said to have been a humble dish typical of Spanish families in the late 18th century.

118 Sangre frita encebollada

Fried blood with onions



Sangre frita con cebolla y piñones
With thanks to Fina González Parra (cc by 3.0)

Bars in Blanca process curdled blood fried with tomatoes and onions, also adding the expensive pine nuts. This dish probably also has a symbolic value. Jews and Muslims were not allowed to consume blood. Those who ate blood at the time of the Spanish Inquisition thereby signaled that they were true Christians. It is an old-fashioned dish that every bar prepares its way varying the amounts of the ingredients.

119 Sardinas a la plancha

Grilled sardines



Sardinas a la plancha
With thanks to José Ruiz Almela

Sardines are grilled whole, between a grill, or on skewers. In Blanca fresh sardines with heads are bought from the fishmonger to prepare the grilled sardines. Of course, lemon is never missing here. One of their special nutritional features is the high content of omega-3 fatty acids, substances that lower blood cholesterol and triglyceride. It is also a good source of vitamins A, B, D, and E as well as phosphorus, magnesium, potassium, zinc, iron, and iodine.

120 Sobresada

Raw cured sausage



This quite spicy speciality originates from the Balearic Islands. Its texture resembles that of a pâté and is served on toasted bread as a tapa in winter. In the summer months it is also used as a tapa and spread on plain bread. This product originated from the need to preserve food for a long time, using salt techniques for mincing. Although the first *sobresadas* were prepared with pork, paprika was soon introduced as a distinguishing feature of food preservation and its characteristic red colour.

121 Tallos

Capers stems



Capparis spinosa (caper) is a shrub native to Asia with woody branches and showy white flowers, usually growing to a meter high. *Tallos* are the stems gathered in April. *Alcaparras* are the flowers in bud collected in July. Lastly, we have the *alcaparrones* - the fruits which are harvested in August-September. The smallest of *alcaparras* are the most appreciated. After harvesting these three products are pickled in vinegar and salt. They are all very popular accompaniments to our dishes, in salads, or as garnishes. Their soft juicy sweet and sour texture is very pleasant on the palate.

122 Ternera en salsa

Veal in sauce



Ternera en salsa
With thanks to Luna Mar (cc by 3.0)

For lovers of typical Murcian tapas, the tapas of the bars that were so numerous in Blanca in the 1980s, veal in sauce was a favourite. For those looking for authenticity and local essence, the question of how one made veal in Murcian sauce as it was then prepared in the bar often came up. Truly typical was the fact that it was served in a typical earthenware casserole. And as for the quality, veal was tender and juicy with a light sauce and very good flavour.

123 Tigres

Deep-fried mussels



Tigres (mejiones rebozados)

With thanks to Tamorlan (cc by 3.0)

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What the Spanish word *tigres* has to do with tigers is not clear from the description of this tapa. They are breaded mussels with béchamel sauce that are then deep-fried. The mussel shells give us the size of the filling, so it is a matter of filling with béchamel sauce, breadcrumbs, and deep-frying in a generous portion of extra virgin olive oil. This is not an old recipe either, as I did not come across it in the bars in 1969.

124 Tordos fritos

Baked thrushes



In hunting season, we often saw thrushes in Blanca. Nowadays the European Union has banned this bad gastronomic option, but some 40 years ago we saw fried thrushes in bars. The meat of these birds was a delicacy because they were raised without feed and were 100% natural. Picked and fried in very hot oil, they were eaten in earthenware bowls.

125 Torraos

Roasted chickpeas



Torraos

With thanks to:

<https://raicesmurcianas.com/>

However, one does not have to look far to find high-quality snacks. Some have been with us all our lives. This is the case of *torraos*, which are closely related to the work of mule riders, cart drivers, and donkey riders who roamed the roads in earlier centuries. *Torraos* are basically *garbanzos torrados*, or chickpeas roasted in plaster. They are usually served as an appetiser at many festivities and pilgrimages. The name *torrao* refers to roasted chickpeas as early as the 16th century.

126 Tortilla de cebolla

Spanish omelette with onions



An onion omelette has only onion. We find omelettes with caramelised onion, omelettes with onion and tuna, but a classic that is not fattening at all is the onion omelette. This tapa is a delight besides being delicious, it is a perfect omelette for a healthy diet because it contains only onion and egg and very little oil. Unlike the potato omelette which is also delicious, but highly calorific.

127 Tortilla de patatas

Spanish omelette with potatoes



Spanish omelette with potatoes and bread
With thanks to Tamerlon (cc by-sa 3.0)

The *tortilla de patatas* or *tortilla Española* is a thick omelette with potatoes. It can be made with onion, peppers, and even Spanish chorizo sausage. The *tortilla de patatas* is usually offered with a few pieces of sliced bread. In many cases people also have a glass of good red wine with it.

128 Zarangollo

Baked vegetable mixture and eggs



Zarangollo

With thanks to Tamorlan (cc by 3.0)

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The Murcian *Zarangollo* is ideal as a tapa or garnish, as a single dish for dinner, or a snack to put in baquettes or toast. The truth is that we have very good vegetables and fruits in Blanca, and we take advantage of them in our traditional tapas and dishes, because *zarangollo* consists of a mixture of onions, courgettes, potatoes, eggs, olive oil, and salt.

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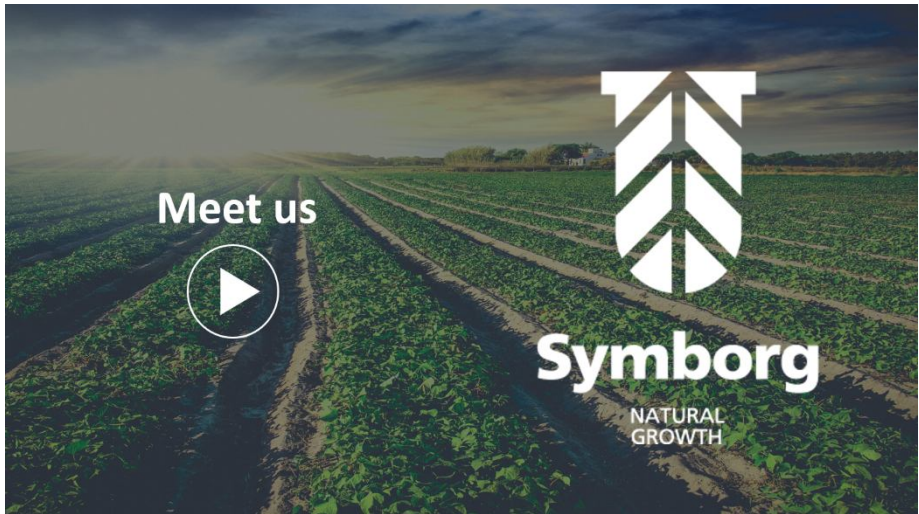
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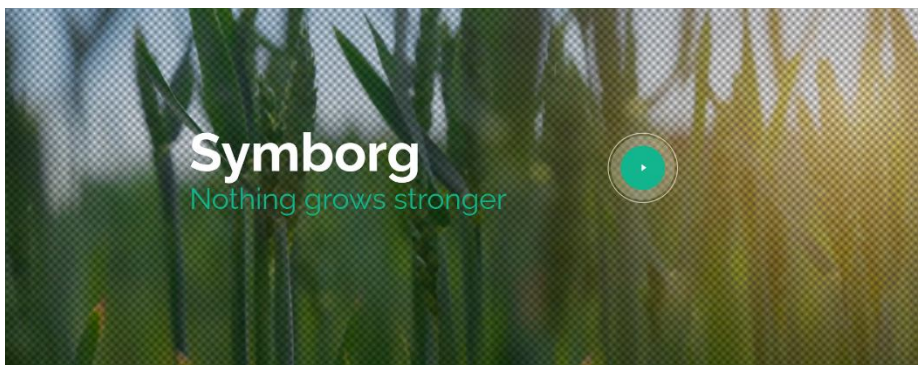


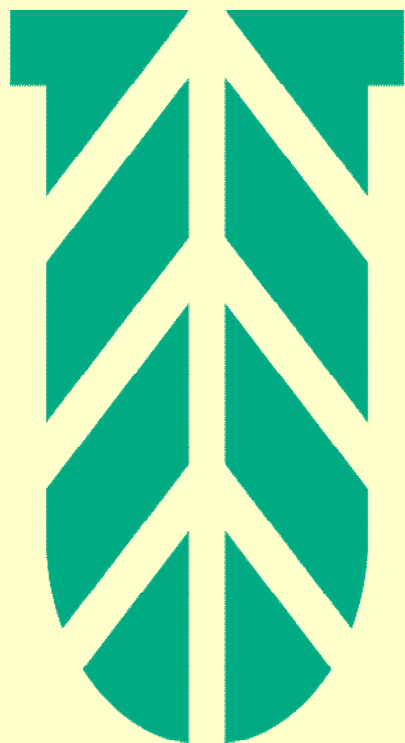


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